



intriguing tale

expecting

WELCOME

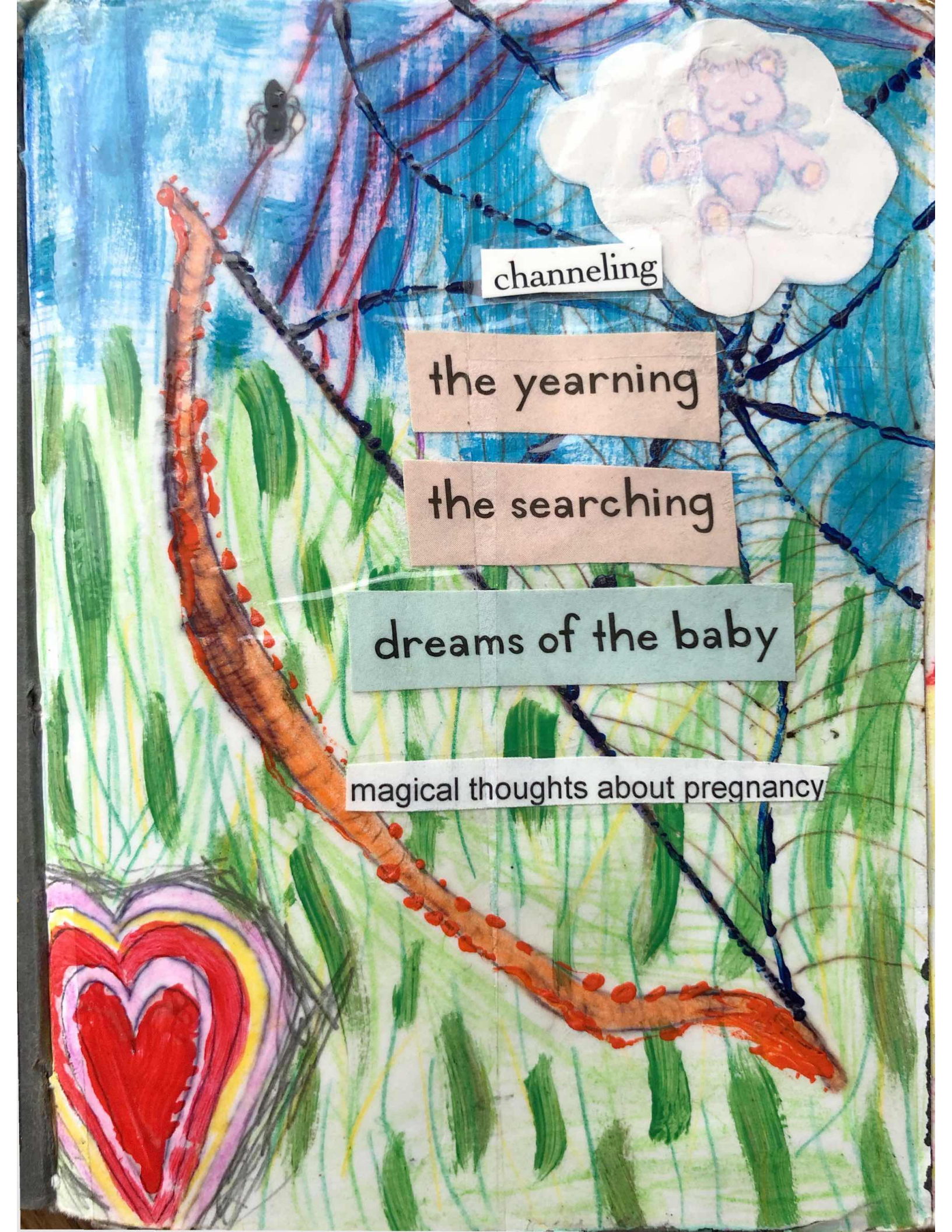
transcendant

surrender



excitement, worry, joy, fear

DESIRE



channeling

the yearning

the searching

dreams of the baby

magical thoughts about pregnancy

OCTO

Extra hours of sleep or
meditation can be very healing dur-
ing the weeks preceding

21

Last Quarter

due date

40

harmony will prevail

JUNE

11 Free
farmer's
market

milk

XAM ATH
O HERE

bliss and happiness

APRIL

28

felt baby
move for
first time

Orthodox Easter
Sunday

defensive magic

Be patient.

good luck charms

beauty, compassion and grace

Rain spattered down

JANU

14

First Quarter

LMP

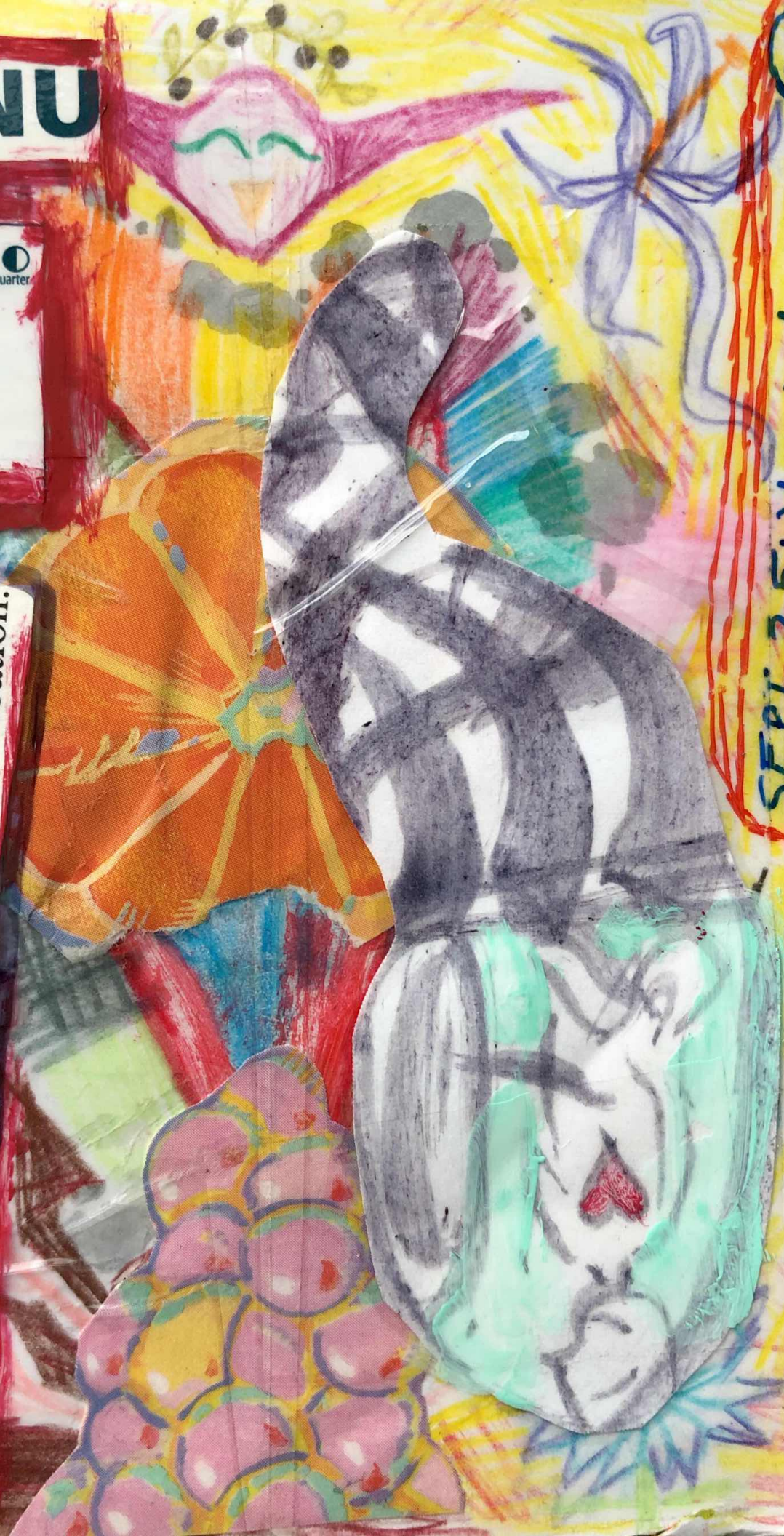
25

The first inking of creation.

26

27

Last Quarter



So, How's
That Going?

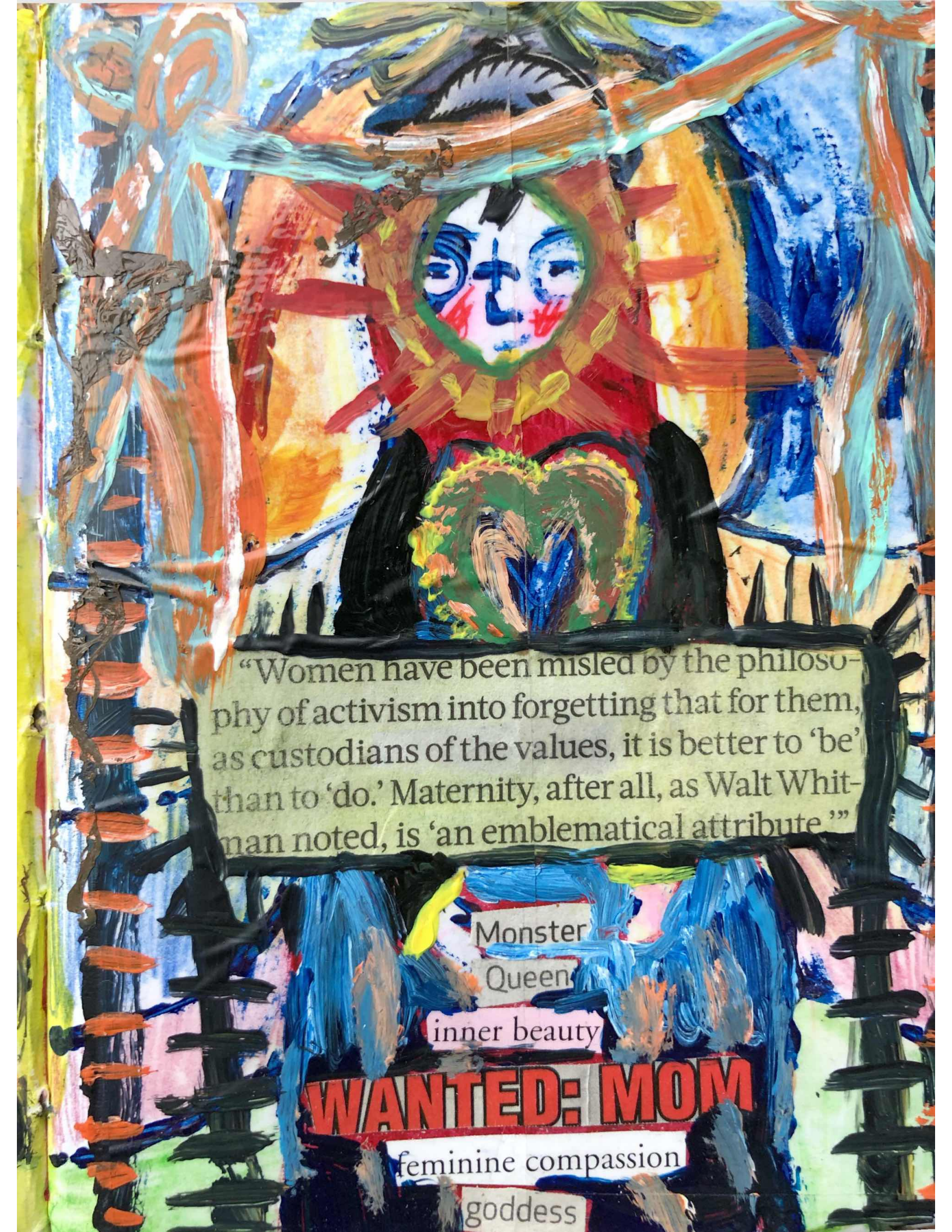
how tired I am

celebrating this new life inside me

concrete, sweeter, and more complete

you make life better

I Am So
Thankful



“Women have been misled by the philosophy of activism into forgetting that for them, as custodians of the values, it is better to ‘be’ than to ‘do.’ Maternity, after all, as Walt Whitman noted, is ‘an emblematical attribute’”

Monster

Queen

inner beauty

WANTED: MOM

feminine compassion

goddess

vision

DREAMS

precious

get busy

sacred

Sap

fertility

pollinators

Contemplated at dusk

That miniature speck.

Last
Quarter

Seed

discoveries and attuning

preparing for this new adventure

magical operation





hunger and thirst after righteousness

There is great power in letting go, and
there is great freedom in moving on.



adapt
changing life
traverse great spaces
lovely lady



gathering courage
the most precious of treasures.

Challenge
yourself

psychologically devastating

healing from trauma
sorrow

YOU CAN

someone you love ignores you

Managing Extreme Emotions

difficult moments

Misery

emotional changes

Nonphysical way to
be present

Be in harmony

Stress

Fallen out of love



early springtime indicates upsets

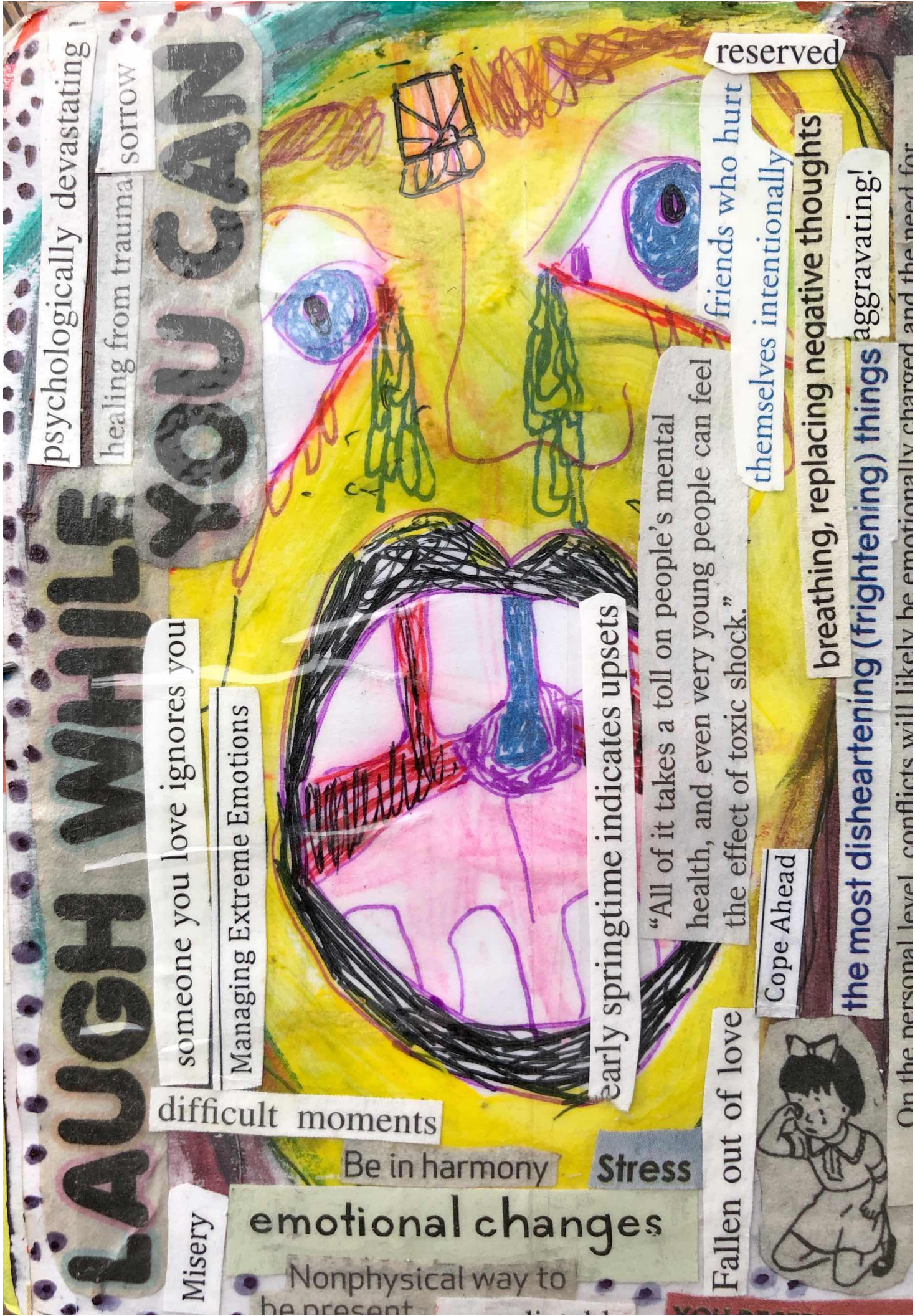
"All of it takes a toll on people's mental health, and even very young people can feel the effect of toxic shock."

Cope Ahead

reserved
friends who hurt
themselves intentionally

breathing, replacing negative thoughts
aggravating!
the most disheartening (frightening) things

On the personal level, conflicts will likely be emotionally charged and the need for



a hermit, mad scientist or ghost.

holy objects

self-sacrifice and surrendering to uncertainty

highest and strangest

merry pilgrim traveler ascending

get scratches all along

Fortitude who'd lost

around the country

her home

in the desert

the bag lady

becoming

inspiring

travel

by a forest

For a moment I am alone and it doesn't seem real

Like an imaginary painting

Life on the Streets

I wanted a baby

I am pregnant.

Yes!

momentum that ultimately saved
after a rough winter

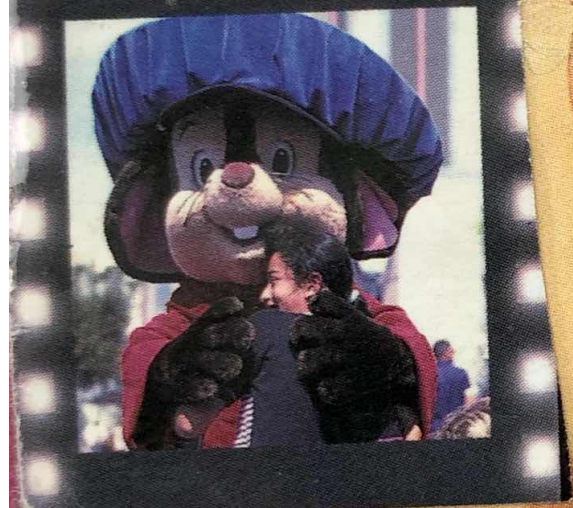
How can something so beautiful be so terrifying
me in nurturing my daughter



open-minded
resilience
toughening



The provider of livelihood
merciful and divine Mom!



the guardian

Into the Silent Land. (Sacred)
Come, live with me. (Two-Parts)

What kind of mother will I be?

strives constantly





to seek other
states, other
lives, other
souls.

Greet
the birds

Greet
the Sun

ancestors

range beings

Hares

Clear vision

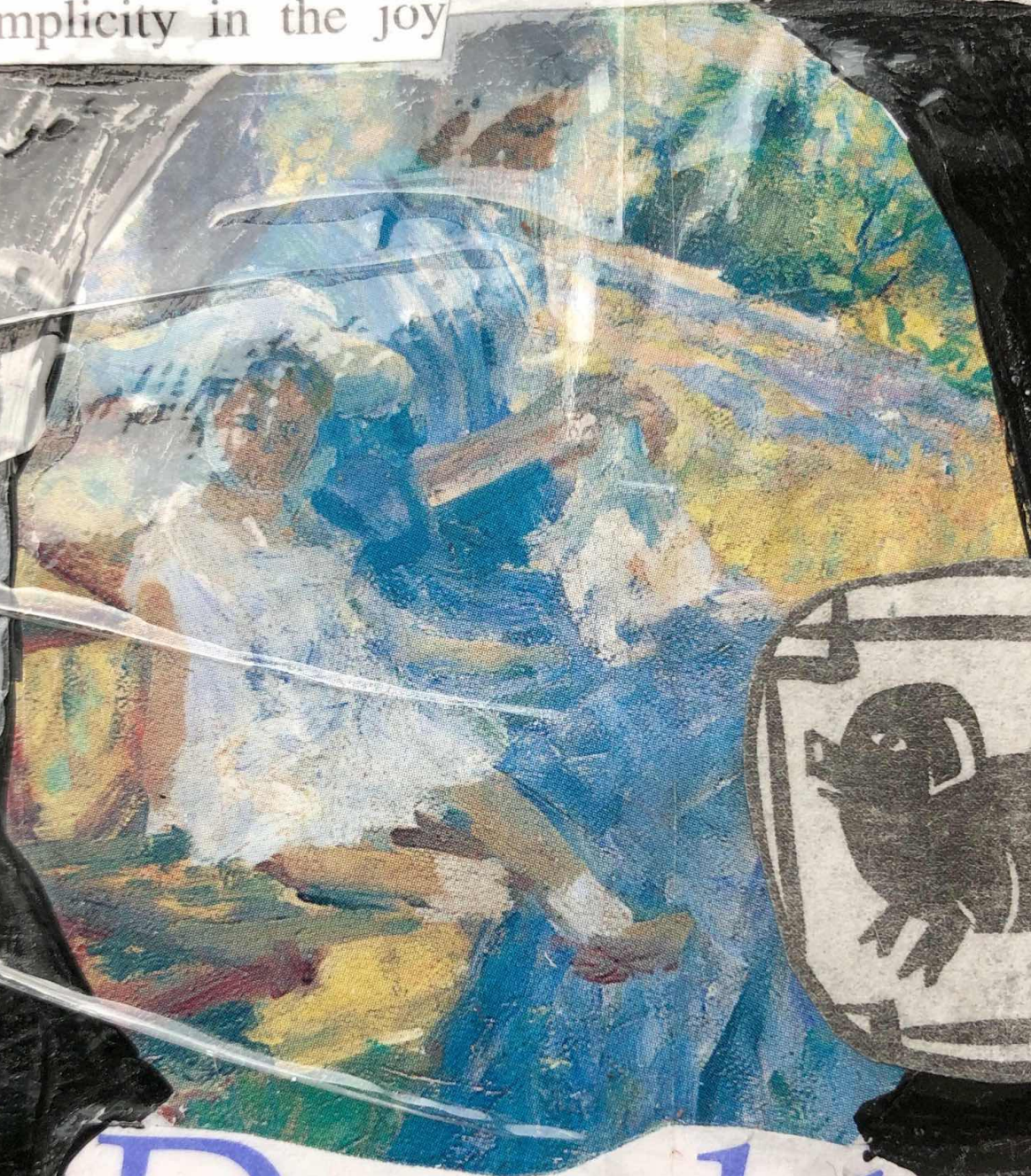


TRANSFORM

initiation and meditation

proliferation

complicity in the joy



Daughter

wishes of love for me and my baby

comfortable

Focus
your
mind

Tolerance

Share

Love. Love. Love..

Peace

Conversation

dwelling in the present moment
self-confidence

Mindfulness of Pleasant Events

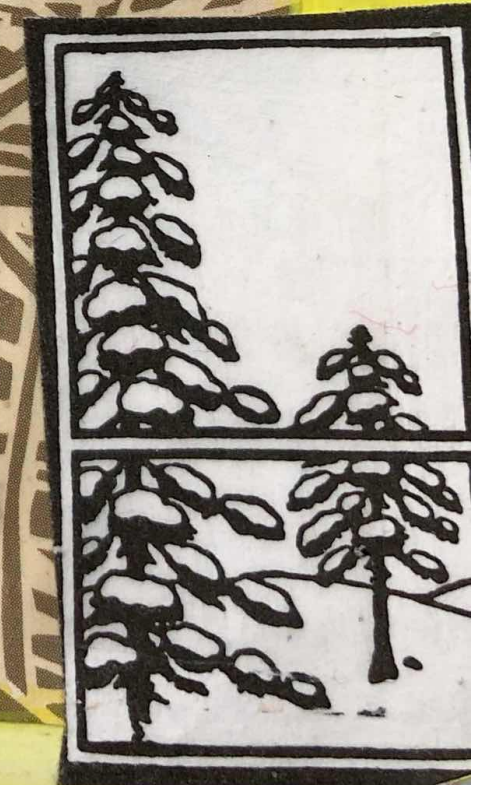
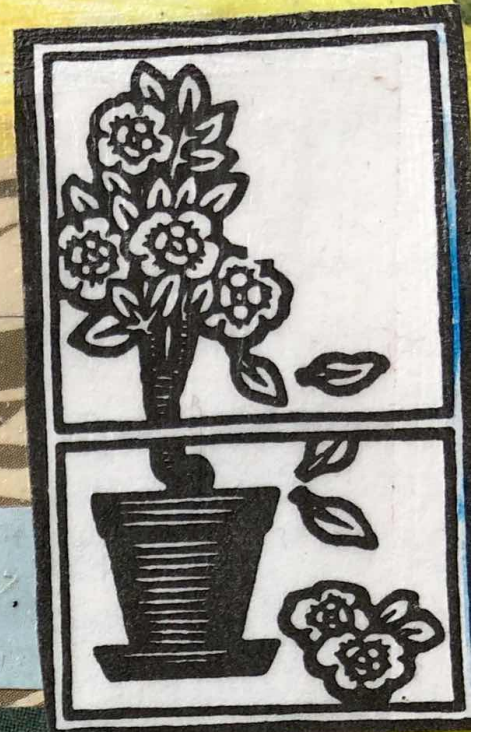
Strong/Weak Elements

mystical power

vivid experiences

Cherish
today

not at all in going, but in being



fruitful

growth

Conversation

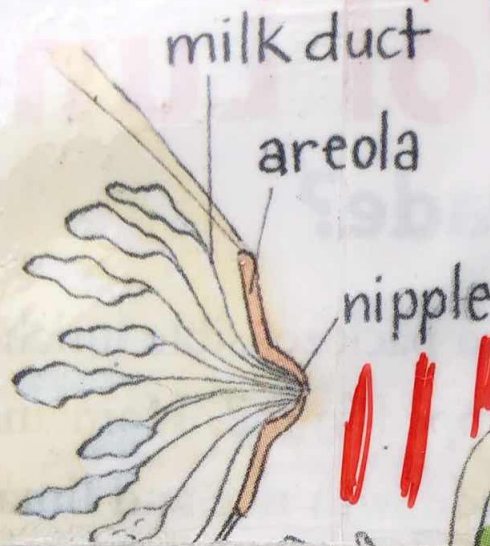
Trust your body!

Poetry

In the process of developing
Our pieces fit, but onward we must go
To what or where, that I do not know.

experiencing that on a physical level, a
psychological level, an emotional level

BREAST
ANATOMY



milk glands

The Communicator

fatty tissue

expansive

pushing boundaries

We honor the ones that have gone before

We pave the road we walk in life

Tested for Impurities PAIN

main focus

taking care of myself

sharing my body is work

Women are out there doing the work!

Remember that each phase of
growth has its own beauty. development and nature

Restoring, what was already there shared, repairing

When I was young I was strong Bone-related

Now I'm tired right to rest basic needs
the opportunity to thrive

My breasts are so big!

We already measured it and everything.

blood and breath

weary'd labour

new aches and cramps

reminder of passing time



tearsome, entertaining, and awe-inspiring, depending on the performers' movements



Here I sit gleefully

feeling my baby fluttering inside

enigmatic energies

Clear Bright active

an invisible grace

pre-dawn Stimulating medicine

Every single day rain or shine
Being of light



Giant sequoia

Eyes uplifted Catch one's breath
Searching for words to describe you

We fit well, almost perfectly
You are irreplaceable imagination

I'm trying so hard to hold it together.

My favorite sound Filling the heart
protect her more easing the doubt

those melodious chords generation
buried deep in the soil now The First

new growth Consciousness Watery
How I understand her seeking silly

true and exalted compassion inside
expression of joy Being of light

simplicity and authenticity

alert Smart vulnerable enjoy
good sense

I am confident and beautiful.

discipline

Creative

small but mighty

challenge innovate

cleanse and purify



willing to change

vigorous

Old so soon, so late smart.



health in mind
one step at a time

Options for Intensity

essence, and creative force existing in
all matter, energy, thought, and spirit

vitality

I go to the library often



Profound Euphoria

nebulous, magical

fully realized self

GOOD BEGINNINGS
Into the Woods

SLEEP

and explored the deepest secrets of her soul
always more in the world

Spirit in Transition

Pure Brighness

Be observant

learning about the Magic

dynamic

beautiful

long cherished

safe and
prosperous

Education for Life

Embody your dreams

Fun

good times

gardening goddess

Divine

playing

you will shine.

spread under the willow tree

expansion of knowledge

wishes for my child

Living life on purpose

moments of power

profound

elusive reality

Deepest Levels

subtleties

expression free of pain
poetic art and divination

NONTOXIC

entrancement

flourish

complexity

elevated

Exploration



perspective outside oneself

hushed and peaceful aura

Share
your
love

milk of kindness

EMOTIONAL
PEACEMAKING

HEALING

rise above and succeed
storytelling of experience

maintaining psychological well-being

works of permanence
passion, death, rebirth, soul

To be still. To gather and settle.

virtue

Self Improvement

reciprocity

to calm

talk to other mothers

Guide by
instinct

Expanding

Building Mastery

hopes for me as a mother

Love
what you
lost

designed to guide and support

NURTURE

wise

Loving Kindness

sought no reward
fearless artist

You believed in
yourself... you went
for it... you succeeded

Willingness

there's no end to training
challenge preconceived convictions

from which streams the nectar
of wisdom and compassion.

It's so aggravating!

going a little bit crazy

help quiet the anguish

mental awareness breaking down

Ending Relationships

I am your Head Fairy.
I appeared because I'm
Sick and tired of you
putting yourself down this
way.



straining resources

letting go

uncertainty

share the load

failed to hold
himself to the high standards
More concerned
with personal pleasures



Under torture

Even though you may want
to be anywhere but here,
you ARE here, so do your best

When winds are raging

Just calm down,
and try again.
Give it your
best, and
that's
all any-
one can
ever ask.



acceptance

Endure impatience
Effectively

hidden memories

displacement

Avoid
conflict
very rude

complex fights

scary

hours of labor destroyed

Loosen Up,
Lighten Up

long, long thoughts

Anger

Hold
tight

boost your income

intensity signifying nothing.

Mindfulness of Others

Elimination of
Violence Against
Women

question of the meaning

remain subdued.

overwhelmed

help

people and places to turn to for assistance

homelessness and poverty

suggestions



meetings

Who takes care of me?

volunteers

a busy pace

good success to all their enterprises

My God, I thank Thee

The giver that does not make the receiver

feel little

The merciful provider for the poor

RESOURCES IN MY COMMUNITY

non-judgement, non-blame

APPOINTMENTS

Getting paid to be nosy.

Big Thanks

blessings

Nosy person



Please, come in to accept offering

vulnerable period

nourishing



my favorite snacks



sunflower seeds



A wholesome diet
and moderation hold the secret to feel-
ing well.



veggies



Cucumbers

lavender

pepper

good food to grow a strong baby

almonds

grapes

peach

Smoothies

milk

honey



EAT Your Heart Out!

raisins

figs, beets, mangos, seaweed and water chestnuts

apricots

dandelion

It is better to know some of the questions than all of the answers

~James Thurber

flax

squash and pumpkins

eggplant and tomatoes



how I take care of myself and my baby

Problem Solving

Walk
the path

abundant

responsive

intuition

ambitious

Good Energy

a willingness to grow

lifestyle choices

work

cautious

protective

Self-Soothing

celebration

Strength

careful

distant vision

Mind

your

health

dreaming

Embrace

change

unusual power

Move

Forward

Maintain

balance

Weather

the storm

resourceful

persists

peaceful pregnancy



CONSERVE TODAY—
REAP THE REWARDS TOMORROW!

best to not waste time

What was I like as a baby?

years ago in a small
Pennsylvania town.



dependent
purity and honesty
inquisitive
force of life

feelings about my family

Pleasantly cool

service the owl

Money was always hard-earned, but hidden realities
we never went to sleep without food practical humor
in our bellies.

Protecting

offers of help

materialistic
work together

Avoid
conflict

mystery sacrifices honor them no harm to go slow
sustenance Truth must be loved for its own sake.

Too many
secrets

be willing to make yourself uncomfortable
most precious gift of all.

Validating others



Your personal connections are your greatest asset in life

warmer, easier times to come

less restrictive lifestyle

It then becomes far easier

Watch
the sun
rise

our imagination is nour-
ished by our environment
and nothing outside it.

relief

Practice

solitude, privacy

steadfast

meditation

in majestic splendor

Enjoy
fine
music

serene
shrine

settling in

Indulge
yourself

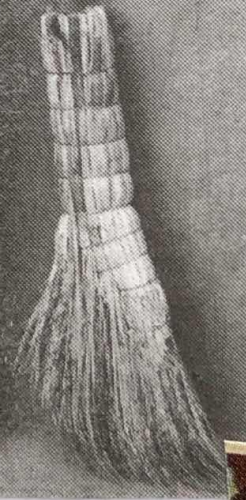
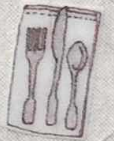
sacrament

daily routine, service, health
family, domesticity, security

clear light of the quiet mind, uninfamed
by the passions, still and shining



the overall "choreography" of the ritual



Self-Validation

desirable location

a woman of power

a quiet approach

the good in your life

A welcome break

satisfaction

spiritual clarity

shoot a bow

my birthing story

baby ready inside

A new
birth

Lucky
Day

open barriers

much loved

Attention, bow.

harvesting and preserving it

YOUR **Tomorrow**
IS IN YOUR HANDS
Today!

ملت خدا داد کجا و پیوست



U.P.U.

2 1/2
ANNAS

BAHAWALPUR

Divine Love

always has met and



Certificate of Birth



A short stranger will soon enter
your life with blessings to share.

always will meet

every human need.

cherish

love

nursing and nuzzling

vision of possibility

air is all awash with angels.

For what is it to die, But to stand
in the sun and melt into the wind?
— Kahlil Gibran

...the world is
incomprehensibly
beautiful—an endless
prospect of magic

Here's to years of happy, healthy growing, spider



Earth laughs
in flowers.

-Ralph Waldo Emerson

The creation of a
thousand forests is
in one acorn.

-Ralph Waldo Emerson

In all things of
nature, there is
something of
the marvelous.

-Aristotle

If you truly love
nature, you
will find beauty
everywhere.

-Vincent Van Gogh

Nature does not
hurry, yet
everything is
accomplished.

-Lao Tzu

He who wants a
rose must respect
the thorn.

-Persian Proverb

One touch of
nature makes the
whole world kin.

-William Shakespeare

One thorn of
experience is worth
a whole wilderness
of warning.

-James Russell Lowell

Friendship is a
sheltering tree.

-Samuel Taylor Coleridge

From a small seed
a mighty trunk
may grow.

-Aeschylus

A garden is a
delight to the
eye and a solace
for the soul.

-Saadi

The difference
between a flower
and a weed
is a judgment.

-Unknown

go for a long walk